

MEMORANDUM FOR

Major General Craig Bambrough, Deputy Commanding General, U.S. Army Reserve Command  
Brigadier General Bruce Bingham, Commander, U.S. Army Civil Affairs and Psychological  
Operations Command

Brigadier General Raymond Gandy, Commander, 9th Regional Support Command (Provisional)

Colonel Paul Patrick, Commander, 7th Army reserve Command

Colonel Donald G. Conaway, commander, U.S. Army Reserve Personnel Command

SUBJECT: Policy Letter – Frequency of the Record Army Physical fitness Test (APFT) for the  
United States Army Reserve (USAR)

1. Reference AR 350-41, training in Units, 19 Mar 98.
2. This policy letter changes the frequency of the record APFT for USAR troop program unit (TPU) soldiers from an annual to a semiannual requirement. Army Regulation 350-41, Training In Units, paragraph 2-13, directs, “The Chief, Army Reserve will prescribe appropriate policy and programs for physical fitness in the U.S. Army Reserve according to Chapter 9 and in coordination with FORSCOM, U.S. Army Pacific, U.S. Army South, U.S. Army Europe, U.S. Army special Operations Command, and AR-PERSCOM.” Effective 1 October 1999, all members of the USAR troop program units will take the APFT at least twice each year with a minimum of 4 months separating record tests, if only two record tests are given.
3. Reserve component forces’ mission and role have increased tremendously with the drawdown of the total force. Major regional conflicts and operations other than war have required the Army Reserve to mobilize on short notice. It is imperative that Army Reserve soldiers are physically and mentally capable to meet these challenges on any given day. this requirement supports the “One Army-One Standard” philosophy, places emphasis on establishing and maintaining an effective year-round fitness program, and will benefit units as well as soldiers by increasing success rates for our soldiers attending professional development courses.
5. For additional information, contact MSG Steven Villa, (404) 464-8291.
6. Ready – Relevant – One Army, Building for the Future.

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THOMAS J. PLEWES

Major General, USA

Chief, Army Reserve